

Get It Poppin'

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Junior Willis (USA) & Judy McDonald (CAN)
音乐: Get It Poppin' (feat. Fat Joe) - Nelly



STEP, TURN LEFT KNEE IN, SHOULDER POP, LOOK, SLOW HIP ROLL, 2 HIP ROLLS WITH HITCH

- 1-2 Step right slightly out to right, bend left knee in toward right leg (weight stays on right)
3&4 Pop shoulders forward, pop shoulders back, turn head and look to left
5-6 (While still looking left) roll hips around slowly
7-8 (While still looking left) roll hips around, roll hips around (switching weight to left) and hitch right and look to front

ROCK, RECOVER, SHUFFLE FORWARD, SCUFF HITCH CROSS WITH ¼ TURN RIGHT, SIDE STEP, CROSS STEP, SIDE STEP

- 1-2 Rock forward on right, recover on left
3&4 Shuffle forward (right-left-right)
5&6 Scuff left heel forward, hitch left knee, cross step left over right while making a ¼ turn to right (facing 3:00)
7&8 Step right out to right, cross step left over right, step right out to right

CROSS STEP, ROCK STEP, STEP WITH ½ TURN LEFT, KICK, CROSS, TOUCH, KNEE ROLL WITH ¼ TURN LEFT, PUSH BOOTY BACK, BODY ROLL UP

- 1&2 Step left over right, rock right in place, make ½ turn to left and step forward (facing 9:00)
3&4 Kick right forward, step right over left, touch left out to left side
5-6 Turn left knee in to right and swing it around making ¼ turn to left (weight on left, facing 6:00), push booty back
7-8 Body roll up (ending with weight on left)

TAP, STEP, SLIDE WITH TOUCH, SIDE STEP, CROSS STEP, SAILOR ¼ TURN LEFT, HITCH, COASTER

- &1-2 Tap right slightly out to right, step right out to right, slide left to right and touch left next to right
3&4 Step left out to left, cross step right over left, step left out to left
5&6& Sailor step (right behind, left slightly out to left, start making ¼ turn to left with right step forward), hitch left finishing ¼ turn to left lean slightly forward on the hitch (facing 3:00)
7&8& Hold left hitch, coaster step (step back on left, step right in place, step forward on left)

REPEAT